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SPECIFICATION

BARBELL PLATE WITH APERTURES FOR USE IN LIFTING THE PLATE

This Application is a continuation in part of app.no.09/687/354
filed October 13, 2000.

BACKGROUND OF THE INVENTION

1.Field of the Invention.

This invention relates to barbell plates and more particularly to such a plate having apertures formed therein for enabling lifting of the plate.

2. Description of the Related Art.

Barbell plates, particularly as their weight increases, are difficult for the user to pick up. In an attempt to remedy this situation, prior art barbell plates have been designed with apertures in the peripheral and central portions thereof. Such a device is described, for example in patent no. Des 355,007 issued 1/31/95 to Rojas, and patent no. Des. 394,685 to Eckmann. Where the plates are heavier and necessarily thicker and where such plates are covered with plastic or latex material, as is often the case, the overall thicknesses of such plate makes it difficult for many users with average size or smaller fingers to properly grasp the plates through the apertures.

SUMMARY OF THE INVENTION

The device of the present invention is an improvement over the prior art in that it facilitates the grasping of barbell plates through apertures formed in such plates. This end result is achieved by providing apertures in the central and peripheral portions of the plate and forming the plate so that it is substantially thinner along the peripheral portion than the central portion with the plate being tapered between the central portion and the peripheral portion. This allows the users fingers to be comfortably fitted between the central and peripheral apertures.

It is therefore an object of this invention to provide an improved barbell plate which can more readily be grasped for lifting.

It is a further object of this invention to facilitate the grasping and lifting of a barbell plate.

Other objects of the invention will become apparent in view of the following description taken in connection with the accompanying drawings.

DESCRIPTION OF THE DRAWINGS

FIG. 1 is a front elevational view of a first embodiment of the invention;

1 FIG. 2 is a side elevational view of the first
2 embodiment;

3 FIG 3 is a cross sectional view taken along the plane
4 indicated by 3-3 in FIG 1;

5 FIG 4 is a front perspective view of the first
6 embodiment;

7 FIG. 5 is a front elevational view of a second
8 embodiment of the invention;

9 FIG. 6 is a side elevational view of the second
10 embodiment;

11 FIG 7 is a cross sectional view taken along the plane
12 indicated by 7-7 in FIG 5;

13 FIG 8 is a front perspective view of the second
14 embodiment;

15 FIG. 9 is a front elevational view of a third
16 embodiment of the invention;

17 FIG. 10 is a side elevational view of the third
18 embodiment;

19 FIG 11 is a cross sectional view taken along the plane
20 indicated by 11-11 in FIG 9;

21 FIG 12 is a front perspective view of the third
22 embodiment;

1 FIG. 13 is a front elevational view of a fourth
2 embodiment of the invention;

3 FIG. 14 is a side elevational view of the fourth
4 embodiment;

5 FIG 15 is a cross sectional view taken along the plane
6 indicated by 15-15 in FIG 13;

7 FIG 16 is a front perspective view of the fourth
8 embodiment;

9 FIG. 17 is a front elevational view of a fifth
10 embodiment of the invention;

11 FIG. 18 is a side elevational view of the fifth
12 embodiment;

13 FIG 19 is a cross sectional view taken along the plane
14 indicated by 19-19 in FIG 17;

15 FIG 20 is a front perspective view of the fifth
16 embodiment;

17 FIG. 21 is a front elevational view of a sixth
18 embodiment of the invention;

19 FIG. 22 is a side elevational view of the sixth
20 embodiment;

21 FIG 23 is a cross sectional view taken along the plane
22 indicated by 23-23 in FIG 21;

23 FIG 24 is a front perspective view of the sixth embodiment;
and

1 FIGS 25 and 26 are cross-sectional and front perspective
2 views, respectively of a further embodiment of the invention.

3 **DETAILED DESCRIPTION OF THE INVENTION**

4 Referring now to FIGS 1-4, a first embodiment of the
5 device of the invention is shown. The barbell plate has a
6 central portion 11 which has a round aperture 12 formed at the
7 center thereof. The peripheral portion 14 of the plate has a
8 pair of opposing elongated apertures 15 formed therein. A rim
9 19 is formed around the periphery of the plate.

10 Running between the central and peripheral portions of
11 the barbell plate is a tapered portion 16 which tapers
12 inwardly towards the peripheral portion so that the peripheral
13 portion is of substantially less thickness than the central
14 portion. The entire barbell plate is coated with a rubberized
15 coating 17 which may be of a rubber or plastic material, this
16 coating providing friction and protection for the walls of
17 the plate.

18 Thus, when the user inserts one finger into the central
19 hole 12 of the plate a second finger can readily be inserted
20 into one of the apertures 15 to grab the barbell plate.

21 The second-sixth embodiments illustrated in FIGS 5-24
22 are similar in structure and operation to the first
23 embodiment, the only difference being that different numbers

1 of peripheral apertures 15 are employed. The use of additional
2 apertures can be utilized to variously lighten the plate to
3 make for different weights.

4 Referring now to FIGS 25 and 26, a further embodiment of
5 the invention is illustrated. This embodiment has the same
6 basic structure and operational characteristics as the previous
7 embodiment except that the holes 15 are round rather than
8 elongated.

9 While the invention has been described and illustrated
10 in detail, it is to be clearly understood that this is intended
11 by way of illustration and example only, the coverage of the
12 patent being limited only by the terms of the following claims.

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14 I Claim:
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